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Great years in movie history
Read Irv Handler's review of nine different years full of great movies on pages 2 and 3.

Discovering wildlife with HHLT
See photos from the Haliburton Highlands Land Trust's latest Discovery Day on page 4.

Wellness Corner with Kassie
Read about the importance of the sciatic nerve on page 10.



Sarah Marinacci and Vex'ahlia, an Australian Shepherd, enjoy a sunrise on Pine Lake in West Guildford. /Sarah Marinacci of Fenumè Photography

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Great years in movie history

IRV HANDLER

Special to *County Life*

Through changing tastes, morals, improvements in film making technologies or just plain old serendipity,



some years produce a better and more memorable slate of movies than others. 2022 may eventually produce some enduring classics, such as *Everything, Everywhere All at Once* or *The Banshees of Inisherin*; but only time will tell.

Let's explore nine years that produced some of the best films ever made and changed movies forever.

Great years in movie history #1: 1939

- Oscar nominees:**
- Gone with the Wind* - winner
 - Wizard of Oz*
 - Mr. Smith goes to Washington*
 - Of Mice and Men*
 - Goodbye Mr. Chips*
 - Stagecoach*
 - Withering Heights*
 - Ninotchka*
 - Dark Victory*
 - Love Affair*

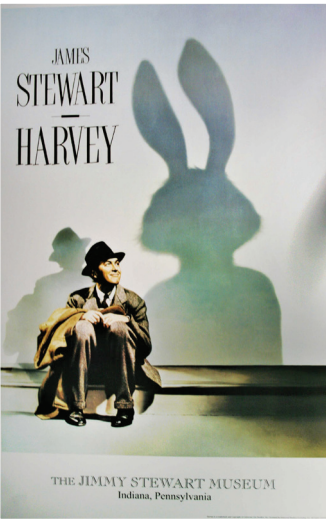
- Other notables:**
- Babes in Arms*
 - Beau Geste*
 - Hunchback of Notre Dame*

Boasting two of the all time greatest films (*Gone with the Wind* and *the Wizard of Oz*) and six other films that could be considered classics, 1939 was one of the best years in the history of cinema, launching the 1940's as one of the greatest decades.

The greatest of the movies in this era was due in part to advances in movie technologies including sound, lighting, cinematography, special effects and colour. Advances in writing, direction and editing combined with the refinement of the Star System made films of the era more watchable and popular.

Great years in movie history #2: 1950

- Oscar nominees:**
- All About Eve* - winner
 - Born Yesterday*
 - Father of the Bride*
 - King Solomon's Mines*
 - Sunset Blvd.*



- Other notables:**
- Harvey*
 - Cinderella*
 - The Asphalt Jungle*
 - Annie Get Your Gun*

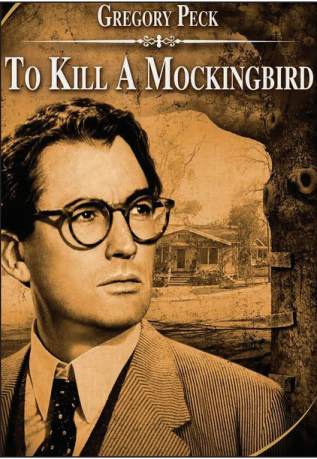
1950 was an amazing year for humour with four classic comedy films. *Harvey*, widely considered one of the best comedies of the decade, was not even nominated for best picture. Nor did Jimmy Stewart win for best actor, losing to Jose Ferrer in *Cyrano de Bergerac*. But comedies have traditionally done poorly at the Oscars with Academy members preferring more serious films.

Why were the films of 1950 so good? Hollywood was starting to feel the effects of television with rapidly falling attendance. The film industry fought back by introducing wide screens, stereo sound, enhanced colour and gimmicks like 3D. They also introduced more

expensive epics and films with adult themes that were not being addressed by television. But the 1950s was also an era of puritanical morals. Hollywood decided that the mature themes would be more readily accepted in comedies than dramas so we see films like *Sunset Blvd* and *Born Yesterday*, both feature stories about gigos. *Father of the Bride* was a throw back to the 40s while *Harvey* was a one of a kind classic.

Great years in movie history #3: 1962

- Oscar nominees:**
- Lawrence of Arabia* - winner
 - The Longest Day*



- The Music Man*
- Mutiny on the Bounty*
- To Kill a Mockingbird*
- Other notables**
- Birdman of Alcatraz*
 - Days of Wine and Roses*
 - The Manchurian Candidate*
 - The Man who Shot Liberty Valance*
 - What Ever Happened to Baby Jane?*
 - The Miracle Worker*
 - Lolita*
 - Dr. No*

1962 was a year of unprecedented creativity. Television had done its job and the major studios were in steep decline, accelerating the end of the old studio system. McCarthyism was over and a new wave of film makers was emerging. Independent films were gaining power and foreign films and film makers were entering the North American market.

With such a prestigious list of films, it is difficult to pick which was the best film of the year but a case can be made that *To Kill a Mockingbird* was the year's most enduring classic. Gregory Peck won best actor beating out Peter O'Toole as *Lawrence of Arabia* and Burt Lancaster as *The Birdman of Alcatraz*.

Great years in movie history #4: 1967

- Oscar nominees:**
- In the Heat of the Night* - winner
 - Bonnie and Clyde*
 - Doctor Doolittle*
 - The Graduate*
 - Guess Who's Coming to Dinner*

- Other notables**
- Cool Hand Luke*
 - In Cold Blood*
 - Wait until Dark*
 - The Dirty Dozen*
 - To Sir with Love*
 - The Producers*



In 1967, changing morals and anti-establishment social turbulence combined to bring in a new era of film making. Graphic violence and the rise of the anti-hero ushered in a style of film that made the 1970s the greatest decade in film history.

In retrospect, 1967 was one of those years that the Academy Awards got it wrong. Although an excellent film highlighting the civil rights movement from the point of view of a black anti-hero, *In the Heat of the Night* did not prove as influential as either *The Graduate* or *Bonnie and Clyde*.

Mike Nicols did win best director for the *Graduate* but the genre busting *Bonnie and Clyde*, in turn funny, exciting and horrifying, was shut out of major Oscar wins. In a nod to old Hollywood, the vastly inferior musical

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Doctor Doolittle squeezed out the superior Cool Hand Luke and Wait until Dark for an Oscar nod.

Great years in movie history #5: 1971
Oscar nominees:
The French Connection - winner
A Clockwork Orange
Fiddler on the Roof
The Last Picture Show
Nicolas and Alexandra

Other notables:
Carnal Knowledge
Dirty Harry
The Andromeda Strain
Shaft
Klute
Straw Dogs
Harold and Maude
Bananas

The 1970s are arguably the most creative decade in film history. The Baby Boomers had come of age and were loosening the rules of language, sexuality, violence and adult themes. Movie budgets were still manageable, and film makers were more willing to take a chance on bold films that were breaking old boundaries.

Graphic violence and sex dominated the films of 1971. From rogue cops (French Connection, Dirty Harry), to black exploitation (Shaft) to lawless gangs wreaking havoc (Straw Dogs, Clockwork Orange) to the candid films on sex (Klute, Carnal Knowledge, Last Picture Show and Harold and Maude).

The willingness of filmmakers to experiment lead to a return to black and white films with The Last Picture Show. The trend would continue through the decade producing numerous black and white masterpieces including Young Frankenstein and Paper Chase.

Once again, the Academy Awards got it wrong in 1971 choosing a dark action film over the more deserving A Clockwork Orange and The Last Picture Show.

Great years in movie history #6 - 1975
Oscar nominees:
One Flew Over the Cuckoo's Nest - winner
Barry Lyndon
Dog Day Afternoon
Jaws
Nashville



Other notable:
Shampoo
The Man Who Would Be King
Amarcord
Monty Python and the Holy Grail
Rocky Horror Picture Show
Seven Beauties
Cousin, Cousine

The trend towards anti-heroes continued with Jack Nicholson and Al Pacino (Dog Day Afternoon) each putting in one of their most memorable performances. But Barry Lyndon, Shampoo and The Man Who Would Be King all featured anti-heroes as well.

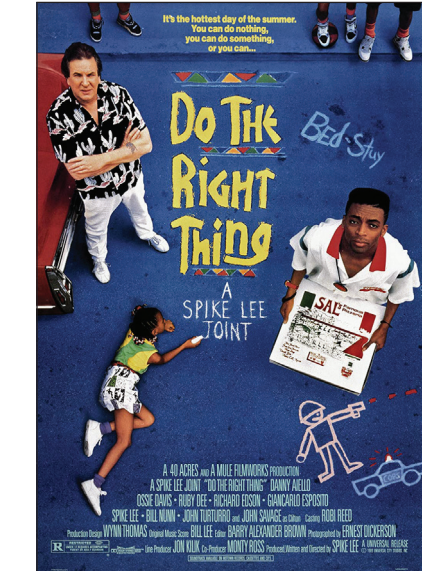
The trend towards foreign films entering the North American market which began in the 1960s continued to gather strength with Fellini's Amarcord garnering an Oscar nomination.

The year is also notable for producing two of the most enduring cult films, Rocky Horror and Monty Python's Holy Grail.

Cuckoo's Nest captured the top five major Oscars that year, a feat not accomplished since Frank Capra's It Happened One Night in 1934 and only repeated one more time by Silence of the Lambs in 1991.

Great years in movie history #7 - 1989
Oscar nominees:
Driving Miss Daisy - winner
Born on the Fourth of July
Dead Poet's Society
Field of Dreams
My Left Foot

Other notables:
Do the Right Thing
Sex, Lies and Videotapes
Crimes and Misdemeanors
When Harry Met Sally
Drugstore Cowboy
Roger & Me

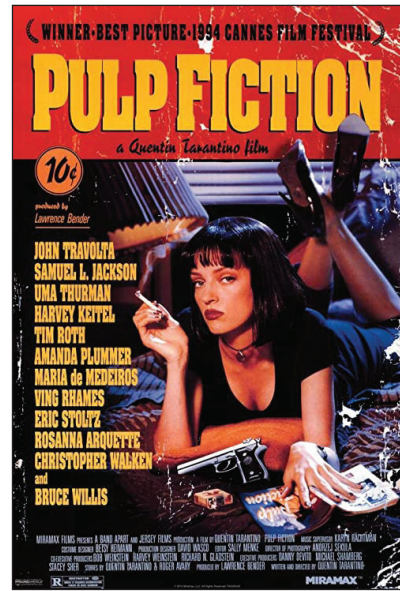


The Little Mermaid

As a response to rapidly rising movie budgets in the 1980's, the major studios began to rely more heavily on formulaic films, sequels and movies starring popular television stars (particularly from Saturday Night Live). But 1989 brought about a resurgence of quality, daring and low budget films by independent directors. Michael Moore (Roger & Me) and Steven Soderbergh (Sex, Lies and Videotape) had their debuts in 1989, and Spike Lee made a big splash with his third film (Do the Right Thing).

Once again, the Oscars got it wrong nominating the big budget, big studio films. The enduring films of the year came instead from the ranks of the smaller movies like Drug Store Cowboy and When Harry Met Sally.

Great years in movie history #8 - 1994
Oscar nominees:
Forrest Gump - winner
Four Weddings and a Funeral
Pulp Fiction
Quiz Show
The Shawshank Redemption



Other notables:
The Lion King
Clerks
Natural Born Killers
The Professional
Dumb and Dumber
Barcelona

The trend towards bloated Hollywood movies and edgy independent films continued in 1994 with the debut of Kevin Smith (Clerks) and excellent films by Quentin Tarantino (Pulp Fiction), Luc Besson (The Professional) and Whit Stillman (Barcelona).

1994 was one of those legendary years where through sheer serendipity, three of the industry's greatest films were released. Once again, the Academy Award went with the family friendly over what are now recognized as cult classics in Shawshank and Pulp Fiction, with the latter begin more the influential.

Great years in movie history #9 – 1999
Oscar nominees:
American Beauty - winner
Cider House Rules
The Green Mile
The Insider
The Sixth Sense

Other notables:
The Matrix
Being John Malkovich
Three Kings
The Blair Witch Project
Fight Club
Office Space
American Pie

A recent Globe and Mail article claimed that 1999 was the last great year in films. The year did produce a remarkable number of what are now classic cult films including The Green Mile and The Sixth Sense. Other cult favourites including The Matrix, Fight Club and American Pie were not nominated for Best Picture. The Matrix is now considered the most influential films of the year.



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Seniors Day is the last Thursday of each month



Discovering wildlife

Krystal Hewitt and John Begg coax Joslin the opossum from her carrier at the Haliburton Highlands Land Trust’s Discover Day at the HHOA Haliburton Fish Hatchery in Haliburton on Saturday, March 18 where Speaking of Wildlife presented local animals for a March Break event. /ADAM FRISK Special to County Life



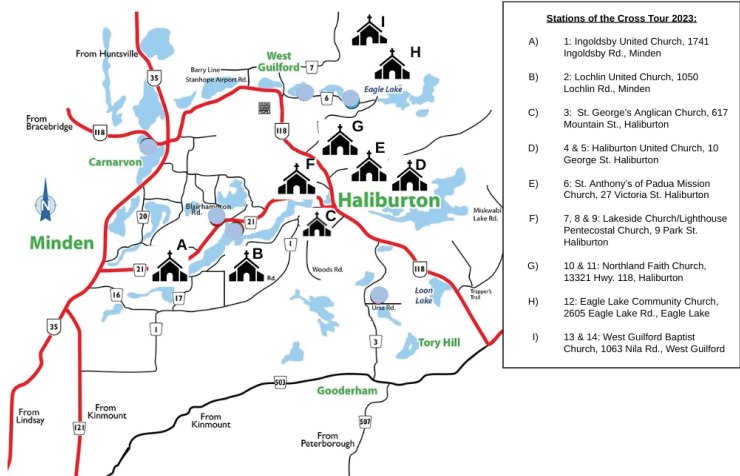
Begg shows off Pixie, a falcon, during the HHLT Discovery Day.



Begg holds Cocco, a snapping turtle, while an audience member photographs the shelled creature.



Thursday, March 29th through Monday, April 10th
Join us in celebrating the life-changing power of Jesus’ life, death and resurrection through the third Haliburton County Stations of the Cross Tour! It is the hope of the local Church of Haliburton County that individuals and families could enjoy a tour of our beautiful region, while taking time to reflect and prepare our hearts for this season of Easter. During the weeks of Thursday, March 29th to Monday, April 10th, individuals and families can tour around our local, participating churches to view various outdoor installations of local art that represent the story of Jesus’ Journey to the Cross. Enjoy the Tour which serves as a beautiful intersection of faith and art.
For a tour guide, map and more information visit:
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Lovin' my real stuffed animals, don'tcha know

WHY IF 'OL MAYBELLE doesn't love stuffed animals. Yes, dear reader, I'm speaking of *my* stuffed animals: Sarah, the terribly feminine teddy bear who sleeps on my pillow in a pink tutu, Tillie Turtle, the softest little green cuddly thing you ever want to see, Benny Bunny, a bedraggled little rabbit that I've loved down to his threads, and Benny's Buddy, a little mouse who loves Benny more than the sun loves to shine, don'tcha know.

Yes, ol' Maybelle is a stuffed animal lover. Have I ever been in the closet about it? Never. In fact, I advocate loud and proud for the Inner Child in all of us to be alive and well and experience the wonder and magic in things, and people, and, yes, even stuffed animals through our old narrowing eyes. To experience awe in the way that that crazy over-used but totally appropriate, at times, word appears: awesome. To ol' Maybelle's Inner Child, it's more accurately: awe and then some.

And I do wonder as I get into bed each night and say hello to my wee stuffed family of friends who wait for me, perched on a crocheted pillow cover – what have you been doing all day? What adventures have you exhausted? Surely, you weren't just sitting here pretending to be inanimate objects. Surely, you're just staring into space because you're just plain downright pooped.

Now, if I do know anything, I have learned to be open to allowing myself to imagine what the scientists tell us, like the string theory. That while we are

living the everyday life we know; at the same time, we are living nine or more parallel existences. What a concept, eh?

So, I'm leaving space for Sarah, Tillie Turtle, Benny Bunny and Benny's Buddy to be having all kinds of wild adventures in their own realities. At least, in 'ol Maybelle's imaginings, I hope they're having fun.

Now, every time I take a walk during these long cold snow and icy winter months, and pass by people who are out in the fresh air with their beloved pooches, my heart smiles for the energy and friendliness of the dog, and the loving bond that I see between pooch and master. Or as pooch owners really feel, their roles are: mom and dad. And, at the same time, I quietly think, thank goodness I don't have to walk my stuffed animals two, three times a day in blustery cold weather. Or for that

matter, during black fly and mosquito season. I don't need to take them to the vet and pay bank-breaking sums of money for peace of mind and heart. I just grab a needle and thread when they need some mending and they're good to go. And, as for food ... all they need is love. La-la-la-la-la. All they need is love!

Then there's the new AI (Artificial Intelligence) stuffed pooches. Why, statistics show that they are super soothing for folks who have Alzheimer's, and those whose mobility is dramatically curbed. An AI pooch will respond to the softest touch. In fact, their fur feels so real you wouldn't know the difference. They look straight into your eyes with so much sweetness that you either get diabetes immediately or you melt like a pound of butter. And they sit quietly in one

place – on your lap. A real genuine artificial lap dog.

Truth be told, 'ol Maybelle has witnessed such tremendous grief of friends who lost their precious pets, that it gave me pause. Like my dear friend, Beanpole Starkman. Why, when Mister, his Heinz 57 died, I thought we were going to lose Beanpole, too. Why that tall glass of water had his big heart broken into so many pieces I thought we'd never put Humpty Starkman back together again.

Hence – Sarah (my teddy bear), Tilly Turtle, Benny Bunny and Benny's Buddy are my treasures of choice. No fuss, no muss, and plenty of lovin'. And the adventures they tell me, why my Inner Child is as happy as a kid in a story-time candy store. And all I have to do is be there, don'tcha know.

Maybelle's Fireside Stories is written by Jerelyn Craden. "Maybelle's Cure for What Ails You," 21 of Maybelle's best short stories is now available at www.amazon.com.

Maybelle's



Fireside stories

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vivian@haliburtonpress.com. Letters must be signed
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Editorial

Get creative

KATE BUTLER

Special to *County Life*

OVER THE March Break, the children's craft table at the Haliburton Highlands Museum was buzzing with activity. I spotted one little girl who drew a round tree, to which she then added blue flowers. It might not have looked quite like any tree ever spotted in a forest in the Haliburton Highlands, I still knew that it was going to have pride of place when she got home.

The Haliburton Highlands is widely recognized as a community filled with artists, but I also know many people feel a little shy and self-conscious about trying something creative. The desire to create is inherent in us as human beings, but there's a tendency for adults to evaluate, compare and judge their own creativity, rather than simply creating for the joy of it.

I was recently looking at some of the poems written by local poet, Burleigh Wallace, on the perhaps surprising topic of hockey. He was inspired to pay tribute to the renowned 1934 Huskies team, one of the teams inducted last year into the Haliburton Highlands Sports Hall of Fame. In his poem, *The Huskies*, he names some of the players and celebrates their individual skills, so that the poem serves as a bit of a historical document, as well as a creative piece.

Wallace may never have won a Pulitzer Prize



for his poetry, but he chose to put words to paper, because he had stories to share and things he wanted to celebrate. Beyond hockey, his poems range over a variety of topics, such as the beauty of our lakes and the joy of spring returning after a long winter. Many of his poems appeared in the pages of the *Echo*, but even if they hadn't, I imagine they still would have been written. Burleigh Wallace was just one of many local residents who created, not only to share with the community, but also for their own pleasure.

Innovations such as television and the internet have made it easier than ever before for us to be

consumers of entertainment provided by others. Historically, however, a gathering of friends who wanted some music would have picked up whatever instruments were available, often sharing tunes by ear.

Songs might have been sung, and even those who didn't have a large repertoire might still have had a party piece, comprised of a song or story for which they had a particular affinity and which they enjoyed presenting. Now, this isn't to say that there hasn't always been a recognition that some people were especially gifted or talented in the arts, but perhaps there was more of a willingness for everyone to give it a try.

So, this week I want to encourage you to go and do something creative just for the fun of it. Pick up that guitar you used to love to play that's been sitting in the corner gathering dust. Sing while you prepare dinner. Put pen to paper and see where your words or doodles take you.

Buy yourself a colouring book – and it doesn't even have to be one of those fancy ones with intricate designs for "adults", unless that's what you enjoy. Whatever you do, do it without judgment of your abilities and just let yourself fully enjoy the activity.

When you see someone enjoying a creative pursuit, whatever their age, take a moment to encourage them and perhaps try it yourself. You might discover something new that you love!

Top 10 things to do when you encounter a lion

RECENTLY, I READ a news story about a woman who, while walking her dog near a big cat zoo near Peterborough, encountered a big lion on the other side of a small chain link fence. Obviously, she had to decide what to do next, which is not an easy thing, since most of us do not routinely encounter lions.



STEVE GALEA
Humour Columnist

Luckily, it worked out and no one was hurt. With that in mind, I thought I would provide you with the top 10 things you should do if you encounter a lion.

1. Sing the opening number from the *Lion King* and "naïl it!"
2. Point behind it and when it looks that way run.
3. Slather that bottle of Mad Dog 357 No. 9 Plutonium hot sauce you carry for just such an occasion all over yourself.
4. Find religion.
5. Hope this one is the cowardly kind.
6. Do what the zookeeper says and get the heck out of the lion enclosure.
7. Quick! Look for a chair, cape, top hat, and whip.
8. Act more like Siegfried than Roy.
9. Get your laser pointer out and use it for its intended purpose.
10. Whatever you do, don't admit you are more of a dog person.

Coming full circle with voices of experience

The Haliburton County Mental Health and Substance Use Working Group has been busy planning exciting new events and initiatives in the County.

The goal of the group is to address the County's substance use and mental health crisis and listen to the voices of experience in the process of improving community services. The working group consists of several service providers including Point in Time, the HKPR Health Unit, John Howard Society, Community Living, Kawartha Lakes Housing Corp., the CAST Projects, and the Canadian Mental Health Association, and is grateful to United Way for its continuing financial support. This group is also now considered a working group of the County's Community Safety and Wellbeing Plan.

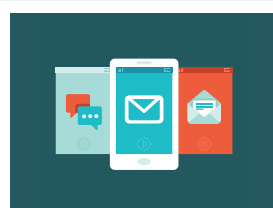
Facilitator Tom Regehr, executive director of the CAST Projects, and a person with lived experience, has started the VOICE group, a gathering of local individuals with experience with mental health challenges, substance use, or other issues. They meet regularly to share with and support each other and to ultimately help improve community services. There are no referrals needed, no fee, and no need to identify concerns or even say your name. You can come once, or come every meeting.

Contact Tom at voice@thecastprojects.ca for more information and/or how to get involved in the VOICE meetings.

Tom and collaborating partners from the Haliburton County Mental Health and Substance Use Working Group are also working on three exciting and free community education series for service providers and members of the public in the County on April 18 (online), May 16 (online) and June 27 (in person). These sessions will focus on empowering people with lived experience to be involved in every aspect of service planning and delivery, and include practical tips on having difficult conversations as well as what it really means to "meet someone where they're at" and how to apply the information to future planning.

Registration for these events is free and open to service providers and members of the public wanting to get involved in fostering a compassionate and evidence-based approach to substance use and mental health in Haliburton County. For more information or to register, contact Dawn Milburn at Point in Time, dawnm@pointintime.ca or visit www.pointintime.ca.

Submitted Point in Time Centre for Children,
Youth and Parents



Have a thought, comment or opinion you'd like to share?

Send a letter to the editor to
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Writing on the Senior Side

Three songs

GAIL STELTER

Special to *County Life*

Norwegian Wood (Beatles)

Extra care in the prep work. Freshly shampooed, shiny straight hair reaches below my shoulders. My teenage makeup: foundation to cover the non-existent blemishes; thick black eyeliner with a gentle flowing tail from the corner of each eye; thick black mascara applied with care; and, soft and light-coloured lipstick. I am ready for our first official date, aptly named for the ritual of meeting my parents.

An easy and comfortable time with him and two of his friends at Central Tech High School for the Student Art Exhibition is followed by returning to his house, where he lives with his mom and brother.

More laughter and interesting conversation. I feel something different; something new. Am I becoming enraptured or do I think that he is cool? A surprise! He brings out his guitar. His deep brown eyes are only for me as he sings and plays *Norwegian Wood*.

I Saw Her Standing There (Beatles)

Fifty or more staff members attended the Christmas Party. For a staff of 65 and my first year as principal, I am excited with the response, and I pleasantly listen to the Christmas spirit filling my home: upstairs, downstairs and even around the hot tub. My 17-year-old son, Jim and 16-year-old daughter, Becky return home from the high school Christmas semi-formal dance: The Snowflake Ball. They join the party, and Jim takes on the duties of bartender and DJ.

"Hey mom and dad, this is your song." He plays I Saw Her Standing There. "Just change the location to the roller skating rink and it is the story of how you met."

I was just 17 and his heart went boom as he crossed that room and he saw me standing there. I was looking right at him or so he thought. I didn't notice him at all.

Suddenly, just as he was about to approach me, I turned my back on him. He is confident and not easily deterred. He tapped me on the shoulder and when I turned, he said, "Hi, my name is Pete. Would you like to skate?" Now he'll never dance (skate) with another. He saw me standing there.

Since I Met You Baby

1968 to 2018: 50 years of living and loving. It was just the family: four children and spouses, and nine grandchildren. Each family brought a bottle of champagne, and a dozen grandchildren prepared or decorated cupcakes.

These were beautifully displayed in a place of honour. As the anniversary couple, we provided the remainder of the dinner feast and added to the desert table with apple, lemon meringue and coconut cream pies. After the not-quite-official picture-taking, a backyard horseshoe tournament paired up a child with an aunt, uncle or grandparent.

Later, the dance party, with playlist suggestions from everyone, was an intergenerational boisterous joyful time followed by quiet comments when the song was introduced. Yes, we planned the party and decided to choose our own anniversary song. Peter discovered the perfect one: the 1969 hit by Sonny James, *Since I Met You Baby*, (my whole life has changed). To their surprise, our children did not recognize it.

Our dance was captured on video, and he sang to me and I to him. "Since I met you baby I don't need nobody to tell my troubles to."

The day ended, as it usually does, with guitars and a campfire singalong. The memories live on and whenever we sing this song, we smile and think of that wonderful 50th-anniversary family party. Since I met you baby my whole has changed.

What brought me to my three songs? It was a weekly writing assignment for my course: choose three songs, that are meaningful to me and write a paragraph or so about each one.

You have just read my three choices. What songs would you choose? Remember you can only choose three. I wish we could all just sit around and play your songs and share your stories about why you chose those three.

I have a better idea. I will interview you about your three songs and I will write your stories and create a book: *Three Songs of Haliburton Seniors*. Or, perhaps we could have storytime for seniors and share stories of our childhood, our teenage years and our adult lives. They will be the best stories because they are true and they are ours!

You already know how important singing is to me, and you know that our songs positively affect our lives. Did you know that while pleasing melodies play an important role for people of all ages, the benefits for seniors are even greater?

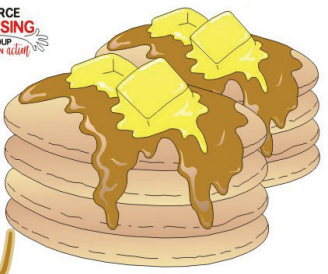
According to an online article, "Music is a powerful medicine that has a 'magical' ability to improve memory. Not only can music stimulate feelings of well-being in seniors by evoking strong strong memories and emotions, but it can also actually bring back

memories. In addition, music can improve slow age-related cognitive decline." Further, a study published in the Oxford University Journal also found that memory can be improved by listening to music.

"Music can force a kind of automatic recall, bringing what might have been a lost memory back to the surface, while also exercising a person's day-to-day short-term memory."

So, I am not just an old fuddy-duddy stuck in the 50s and 60s, I am improving my memory. Works for me! I am certainly going to play and sing my songs even more than I already do. If it doesn't improve my memory, well I'm still having fun. Bring on rock and roll songs; bring on classic country and folk music. Bring on my Dance Time Social, and if you don't dance, I hope you will come and listen or singalong to our senior side music. You may even improve your memory!

Saturday, April 8th
Easter Weekend
9:00 am - 2:00 pm
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Community Events

Send your event listing to
classifieds@haliburtonpress.com

TOPS: Take Off Pounds Sensibly

When: Monday mornings 9:30 to 11 a.m.

Where: Haliburton Legion Branch 129, upper level

Admission: Yearly membership of \$59

A non-profit/commercial network of weight-loss support groups, offers programs for healthy living and weight management.

Jr NBA

When: April 11 to May 31

Where: Archie Stouffer Elementary and Haliburton High School

Local volunteers and Basketball Canada have teamed up to bring a curriculum-based youth basketball program to the county! Visit www.haliburtonbasketball.com for information and to register.

Red Wolves Special Olympics

Dinner Dance Fundraiser

When: Saturday, Apr. 15., Social at 5pm and Dinner at 6pm

Where: Haliburton Legion

Come dressed in your best western themed gear. Enjoy beef on a bun with all the fixin's, potato salad, coleslaw, and our famous homemade desserts. D.J. Ron Murphy, enjoy our photo booth, spot dances, Silent and country auctions, and 50/50 draw. Tickets are \$25 each and available at Up River Trading Company in Haliburton or Minden. Tickets are cash only in store - sorry no phone holds.

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A roaring good time
A boarder in a dinosaur costume splashes in the middle of the pool at Sir Sam's Ski/Ride's annual Spring Splash which took place on a snowy Saturday, March 25 afternoon at Eagle Lake where dozens of skiers and snowboarders sent winter out with a splash. Brave souls, many dressed in costumes, ripped down the slope before attempting to hydroplane across a large pool of water in front of Sir Sam's chalet. Contestants were judged on best costume, wipeout and best crossing. /ADAM FRISK Special to *County Life*



Crowds gather as a skier glides across the frigid water.

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Kelly Mercer

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705-455-7500

kelly@kelly-mercerc.ca

MINDEN ACREAGE \$975,000



Class B licensed pit and quarry. Total acreage 88.46 acres with 66.22 acres extractable. Mixture of flagstone, sand, gravel and granite. The pit can be closed, which gives great potential for development. Over 3300' of frontage on a Township road.

Lisa Mercer

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www.lisamercerc.ca



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WILBERFORCE

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This 2.348 acre parcel with 251' of year round township maintained road frontage has everything you look for in a vacant lot with great options for building sites. The lot is quite scenic with large mature hardwoods but very little underbrush so you can see through the forest quite clearly. Another bonus 100 yards or so away is the HCSA groomed snowmobile trail!



Vince Duchene

Broker

705-457-0046

www.vinceduchene.ca

The Connector

LIKE THE roots of a tree, I emerge from the lower back, appearing between the joints of the spine at various levels. The spinal cord is my anchor, my information source, my boss. I weave and wind my way through the anatomical hills and valleys of your glutes, until I form a great trunk. I extend down to your knees, where I divide again and form branches, some

of which extend to the tips of the toes. I allow you to move your muscles, and to feel the ground you're walking on. I am the Giant Sequoia of the human body, the great connector. I am the Sciatic nerve.

"Sciatica" is a term that is used to describe pain anywhere along this nerve. The most common occurrence is pain that originates in the lower back and spreads down the leg. The pain can be described as a lightning bolt down the leg, burning, pins and needles, numbness, and/or muscle weakness. It typically only affects one leg at a time and can come and go, varying in intensity. People can often get the pain to go away in certain positions, and find it commonly aggravated with prolonged sitting, bending and lifting.

Sciatica is a symptom, not a diagnosis. It is a flag that is telling you that something is wrong. That something,

somewhere in your lower back, is being irritated. This is called "referred pain," meaning that the pain is perceived at a location other than the actual site of the issue. Think of the symptoms of a heart attack, where the pain is sometimes felt in the left shoulder or back, rather than the actual chest itself.

Most commonly in my practice I see sciatica as a symptom of a lower back issue. Specifically, the nerve is being compressed or irritated where it exits the spine. The most common cause of sciatica is an issue with the intervertebral disc, which lays between the vertebra (bones) of the spine. The discs themselves can sustain various injuries, such as compression, degeneration, bulging, tearing, or thinning to name a few. The above can all cause irritation to the local nerve root which many manifest as sciatica further down the leg.

The more irritated the nerve, the further down the leg the symptoms extend. Other causes can include/not limited to spinal stenosis, osteoarthritis or bone spurs, trauma, and Piriformis syndrome. These are topics I will write about in more detail in the upcoming weeks.

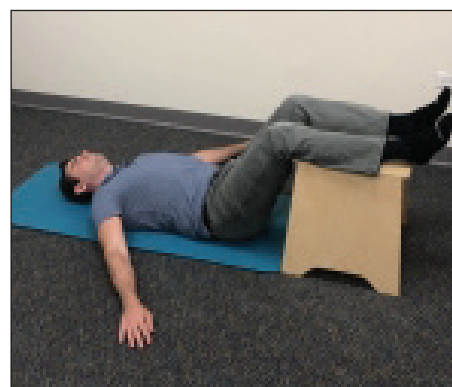
So what do we do for this? First and foremost obtain an accurate diagnosis, which may include your medical doctor, physiotherapist or chiropractor. And second, start to identify some modifications you can make to your lifestyle such as workplace ergonomics, flexibility, lifting mechanics, and strength and conditioning of the body. Hands on treatment can help reduce the pain,

muscle spasm, and get you up and moving sooner. The exercises listed below are not a replacement for an assessment from a qualified health professional, however, over the years they have provided good results to my patients.

To be safe I recommend consulting with your physician before starting any exercise routine.

Z Lying position

- Lay on your back, with your legs lifted to 90 degrees, resting on a chair or stool. Relax your arms out to your side. Rest in this position for 15-20 minutes.



Z Lying position. Exercise photos complimentary of HEP2GO.com

Hamstring Stretch with Towel

- While lying down on your back, hook a towel or strap under your foot and draw up your leg until a gentle stretch is felt along the backside of your leg. Please note that more is not better. This stretch should be comfortable and non pain provoking.



Hamstring Stretch with towel

- Keep your knee in a straightened position during the stretch.
- Hold for 20-30 seconds.

Piriformis Stretch

- While lying on your back with both knee bent, cross your affected leg on the other knee.
- Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.
- Hold 20-30 seconds.



Piriformis Stretch

Legion Events

Branch 129 Haliburton

Mondays: Bridge every Monday at 1 p.m. Schofield Room.

Tuesdays: League darts starting at 7 p.m. Haliburton Army Cadets practice 6:30 to 9 p.m. (Sept to June)

Wednesdays:

Bid Euchre 1 p.m. start – Main Hall. Bingo doors open at 6 p.m.

Bingo starts at 7 p.m. \$500 Jackpot

Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend. Ladies Auxiliary last Thursday of the month at 1 p.m.

Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are \$2 per draw. Ed Pickard, MC. Friday fun darts from 4:30 p.m. and onwards.

Saturdays: 50/50 Draw 4 p.m. draw – tickets are \$1 each available in the Clubroom.

Whether you're planning a function for 10 or 200, for more information call the Legion today at 705-457-2571, email rcl129@outlook.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!

Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday

Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.

Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.

Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.

Every other Friday: Karaoke 8 to 11 p.m.

Friday: Fish & Chips & Wings. Lunch 11 a.m. to 2 p.m. and Dinner 4 to 7 p.m.

Every other Friday: Karaoke 8 to 11 p.m.

Saturday: All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.

Call ahead any day for take-out: 705-286-4541

Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

Wilberforce

Mar 30: Open 2 to 6 p.m.

Mar 31: Pool 2 p.m. Chicken fingers and fries 5 to 8 p.m.

April 1: 2 to 6 p.m. Meat draw 3 p.m.

April 2 and 3: Closed

April 4: Executive Meeting 7 p.m.

April 5: Open 2 to 6 p.m. Darts 2 p.m. Everyone welcome!

Upcoming Nominations of the Executive April 11

If you are planning a function for social or other event providing our guidelines/conditions are met, please feel free to contact us at 705-448-2221.

Friday dinners are in jeopardy due to lack of volunteers. Please reach out ASAP if you want to help. Young people come out and show the elders how it's done!

Interact, Rotaract, and Rotary add colour to international fundraiser

VIVIAN COLLINGS

County Life Staff

It's time for the third-annual fundraiser between Interact, Rotaract, and the Rotary Club of Haliburton to brighten the Highlands with a Canadian-themed colouring book, and they need your drawings to make it come to life.

Spearheaded by Haliburton Highlands Secondary School Interact students, the three service clubs under the umbrella of Rotary International have been supporting a school in India called the Mahatma Gandhi Siksha Sadan School by sending proceeds from their annual fundraiser to help provide needed supplies for the school.

"When Interact was coming up with a world-wide initiative to tackle for this year, we decided that we wanted to support the school in India again as we have developed a friendship with them, they continue to be in great need, and we can help," said Interact member Annabelle Borgdorff.

The HHSS student said the club's dream is to one day meet the students at the school in India, but in the meantime, they hope to send monetary support across the water by putting together a colouring book to be sold.

Along with students' drawings, they

would like community members to submit drawings of Canadian-themed artwork to be part of the book.

"We just thought [the colouring books] would be a creative, new way to fundraise and to showcase local talent," Borgdorff said.

The clubs saw success with selling a cookbook of favourite recipes from members of all three clubs the first year and two puzzles the second year; one featuring local scenery and one of a mural in the high school.

"We are holding a contest where people can submit their Canadian-themed artwork to be put in the adult colouring book that will be produced and sold to fundraise for the school in India. We are hoping to have involvement from students at HHSS, adults in the community, as well as students in Grade 8 from our family of schools," Borgdorff said.

To enter the contest, submissions must be black line drawings on 8.5 by 11" white paper and they must be Canadian-themed. Digital drawing are accepted.

All submissions can be dropped off in person at the HHSS main office or sent to christine.carr@tlds.on.ca.

Name and contact information must be included, and the date for final submissions is April 6.

"We plan to have the colouring books fully put together by early May," Borgdorff said.

Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email vivian@haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.



A Blue jay's bright feathers stand out against its surroundings. /Submitted by Jill Moulton



A Barred owl camouflages with branches. /Submitted by Kristin Mitchell



A fisher peeks from behind a tree. /Submitted by Tammy Nash



A Mourning dove perches in a tree. /Submitted by Belinda Gallagher



A chickadee's feathers are rustled in the breeze. / Submitted by Jill Moulton



Two deer stroll down a lane. /Submitted by Tammy Nash

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400 EMPLOYMENT

Cleaning Services

Onondaga Camp, Minden, seeking Staff SEASONAL (April -Oct, 2023) Starting \$20.00 /hr



We are looking for Cleaners to care for our facilities by providing a high standard of cleaning and light maintenance duties. The goal is to keep all facilities in a clean and orderly condition. Responsibilities are to clean and stock designated facility areas (disinfecting, dusting, sweeping, vacuuming, mopping, restroom cleaning etc.), carry out heavy cleansing tasks and special projects, notify management of occurring deficiencies or needs for repairs, stock and maintain supply rooms, cooperate with the rest of the staff, follow all health and safety regulations, knowledge of cleaning chemicals and supplies, familiarity with Material Safety Data Sheets.

**Up to 48 hour work week Summer (6 days).
Daily and Evening shifts available. (June-Sept)
NO ACCOMODATION PROVIDED**

To protect the health and safety of our clients and employees, we have modified our normal operating policies in response to COVID-19.

If you wish to apply, please send a resume to Matt Brown/Site Manager at matt@onondagacamp.com. Please feel free to contact at (705-286-5025)

A truly Canadian summer tradition, Onondaga Camp offers an extraordinary environment for kids to play, explore, achieve and grow. Situated on the shores of Middle Bob Lake near Minden, Ontario, Onondaga inspires the best in outdoor fun, learning and adventure for girls and boys from six to 16 years old. Onondaga Camp values the diversity of people. We welcome and encourage applications from people with disabilities. Arrangements will be provided, on request, to support candidates taking part in all aspects of the selection process. All responses will be handled with strict confidence.

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Camp Timberlane is a co-ed residential summer camp for campers aged 6 – 16 and is looking to hire candidates to join our onsite Housekeeping / Laundry team and our Grounds Keeping and Maintenance. For more information about the camp, visit us at www.Camptimberlane.ca

Housekeeping/Laundry - Full Time, Temporary, Contract

Four positions available

Our Housekeeping and Laundry areas are managed with teams split between Housekeeping and Laundry.

Responsibilities include: cleaning of all buildings, accommodations, washrooms, shower facilities and common areas throughout the camp, including the turnover of living space throughout camp and overall upkeep of camp facilities. Cleaning and light maintenance duties include, but not limited to sweeping, mopping, cleaning, painting and replenishing supplies needed for showers and washrooms.

Expected Start date: Spring 2023

Candidates will be cross-trained and or assigned to areas based on existing skills and previous work experience. Candidates must enjoy working outside. A typical work week is 40 hours with potential for overtime. Willing to take required government safety certifications such as WHMIS. Able to support a positive team environment.

Salary: Housekeeping / Laundry: \$17.50 - \$19.50 per hour based on experience.

Submit application and resume by email to Jay@camptimberlane.ca

The Bancroft Times

Bancroft

THIS WEEK

The Bancroft Times and Bancroft This Week are seeking a skilled **Full or Part-Time Reporter/Photographer** to join our team of journalists in the heart of Hastings County.

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Interested candidates should forward their resume with writing and photography samples to Editor Nate Smelle by **Friday March 31, 2023** to nate@bancroftpress.ca



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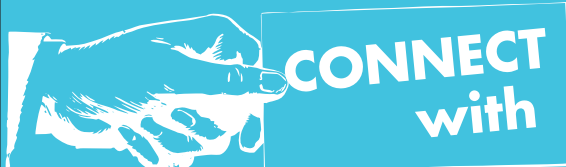


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■ **BUSINESS PARTNERSHIP**

\$25,000 matching funds for the arts

ANGELICA BLENICH

Staff reporter

There was celebration in the air at the Rails End Gallery on April 8 as members of the community attended the official launch of artsVest, a \$25,000 matching grant initiative for the arts and heritage organizations in the county.

Dysart et al is one of 15 Ontario communities to be awarded the matching grant program over the next four years. The program is funded through Business for the Arts (BftA), as well as the Ontario Trillium Foundation and the Ontario Ministry of Culture.

The initiative, created and administered by BftA, is designed to spark new relationships between local cultural organizations and businesses while engaging municipal leaders in helping further municipal cultural plans.

Funds are provided to encourage local businesses to invest in the arts. For example, if a business invests \$10,000, this grant will match it up to a cap of \$25,000 for Dysart. BftA is a Canadian associa-

See **Arts and culture** page 9

She's no rook(ie)

Students, such as Cassie, were all smiles at the tournament as they battled it out over the chessboards at the board playoffs last week. Full story on page 8. Photo by Angelica Blenich.

■ **GRANTS**

Wilberforce fair gets \$35,000 grant

ANGELICA BLENICH

Staff reporter

The annual Wilberforce Agricultural Fair will look a lot different this year thanks to a \$35,000 government grant that was awarded to the agricultural society in March.

The grant was awarded through Cel-

brate Ontario, an initiative that aims to support festivals and events throughout the province.

The Wilberforce Agricultural Society (WAS) applied for the funds back in November of 2009. The application outlined that if awarded the money, the society would put it towards purchasing new bleachers and lighting for the fairgrounds.

At the society's April 5 meeting, members of the group went over some of the planning details for this year's fair, scheduled to take place on Aug. 6 and 7, as well as how the grant money was going to be spent.

One new bleacher has already been purchased for the fair while more are be-

See **New Wilberforce** page 14

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